



# NEWSLETTER 2005

## A tradition of health in Utah's schools

### What is Gold Medal Schools?

Gold Medal Schools (GMS) is making sure that kids are healthy and ready to learn. GMS is a program that encourages Utah schools to help kids make healthy food choices, get more physical activity, and stay tobacco free. Schools make policies like 90 minutes of physical activity per week or giving kids small prizes and verbal praise instead of candy. The result is a school atmosphere that encourages healthier choices.

#### **Mission**

**Creating opportunities  
for students to:**

- ★ **Eat healthy**
- ★ **Be active**
- ★ **Stay tobacco free**

*Shaping  
Utah's kids,  
one mile at a  
time.*



### How does GMS work?

Each school works with a mentor, usually a college student majoring in health, who coordinates with the principal, a teacher or PTA member, the food service staff, and the local health department. The mentor helps schools to write policies, coordinates assemblies, and makes sure the school is on track to reach Bronze, Silver, Gold, and Gold PLUS award levels. Once there, the school receives a cash award to use for physical activity, nutrition, and tobacco resources.



**For more information  
please talk to your  
principal or visit  
[www.hearthighway.org/gms](http://www.hearthighway.org/gms)**

### Things you will see in a Gold Medal School!

- ★ **Non-food rewards.**  
Studies have shown that by keeping food "neutral," kids will grow up to have a healthier relationship with food

- ★ **Recess before lunch.**  
Schools who hold recess before lunch report that kids eat more slowly and are less likely to waste food.

- ★ **At least 90 minutes of physical activity per week for each student.**

Gold Medal Mile, a marked, safe route near the school that students and the community can walk together.





# How to Put Gold Medal Schools in Your Home

## Get Moving!

- ★ Focus on good health for the whole family, not a certain weight goal. Start small and make a habit to stay active!
- ★ Allow no more than 30 minutes to an hour each day for TV and video games.
- ★ Play as a family: frisbee, one-on-one basketball, rollerblading, biking, swimming, hiking, washing the car, or simply walking to a nearby park.



## Be More Involved!

Bring fresh, pre-packaged fruit for birthdays and other parties at school

Find out what's being sold at school lunch, in vending machines and school stores, and at fundraisers

Help your kids write a letter to your local school board asking for their healthy food choices



## Eat Smart!

- ★ Keep a fresh fruit bowl on the table or counter for snacking in between meals, or keep cut-up vegetables in the refrigerator.
- ★ Limit eating and snacking to the dining room or kitchen. Discourage grazing in front of the television or computer.
- ★ Find alternatives to rewarding or bribing kids with food. Try a hug or say, "You did a great job!"

**For more tips visit**  
**[www.hearthighway.org](http://www.hearthighway.org)**

## Quit Smoking Now

More than 90 percent of smokers start when they are very young. Preventing tobacco use among our kids is the best way to make sure they don't get hooked for life. All Gold Medal Schools must have a no-tobacco policy in place. Parents can help by quitting smoking to model healthy behaviors and reduce kids' exposure to secondhand smoke. For more information and help on quitting call 1-888-567-TRUTH.



Gold Medal Schools is sponsored by:

